

**WHAT IS CLAIMED IS:**

**CLAIM 1.** A helmet cushion, comprising:

a hydrophilic foam core; and

a fabric covering said foam core, said fabric being disposed to contact the head of a wearer of said helmet.

**CLAIM 2.** A helmet cushion in accordance with claim 1, wherein:

said foam core is treated to be resistant to at least one of microbes, bacteria, and fungi.

**CLAIM 3.** A helmet cushion in accordance with claim 1, wherein:

said foam core is treated to be resistant to predetermined organisms.

**CLAIM 4.** A helmet cushion in accordance with claim 1, wherein:

said fabric comprises moisture wicking fabric.

**CLAIM 5.** A cushion for use in a helmet, said helmet comprising a suspension web disposed therein, said cushion comprising:

a cushion portion comprising:

a hydrophilic foam core; and

a fabric covering said foam core;

an attachment portion coupled to said cushion portion for releasable affixing said cushion portion to the suspension web of a helmet.

**CLAIM 6.** A cushion in accordance with claim 4, wherein:

said foam comprises water absorbent polymer crystals.

**CLAIM 7.** A cushion in accordance with claim 4, wherein:

said attachment portion comprises a plurality of strips carrying hook portions of hook and loop type fasteners, each of said plurality of strips being utilized for securing said sweat band to the web portion of said helmet, such that said cushion is carried in said helmet.

**CLAIM 8.** A cushion in accordance with claim 5, wherein:

said foam core is treated to be resistant to at least one of microbes, bacteria and fungi.

**CLAIM 9.** A cushion in accordance with claim 5, wherein:

said fabric is a moisture wicking fabric.

**CLAIM 10.** A helmet comprising:

a protective helmet body;

a suspension carried within said helmet body; and

a cushion said helmet body proximate said suspension, comprising:

a cushion portion disposed within said helmet to cushion the top or the head of a wearer, said cushion portion comprising:

a hydrophilic foam core; and

a fabric covering said foam core;  
an attachment portion coupled to said cushion portion for releasable  
affixing said cushion portion within said helmet body.

**CLAIM 11.** A helmet in accordance with claim 10 wherein:

said foam core comprises water absorbent polymer crystals.

**CLAIM 12.** A helmet in accordance with claim 10, wherein:

said attachment portion comprises a plurality of strips carrying hook portions of  
hook and loop type fasteners, each of said plurality of strips being utilized for attaching  
said cushion within said helmet body, such that said sweat band portion is carried in said  
helmet body for contact with the top of the head of a wearer.

**CLAIM 13.** A helmet in accordance with claim 10, wherein:

said foam core is treated to be resistant to at least one of microbes, bacteria and  
fungi.

**CLAIM 14.** A helmet in accordance with claim 10 wherein:

said fabric comprises a moisture wicking fabric.